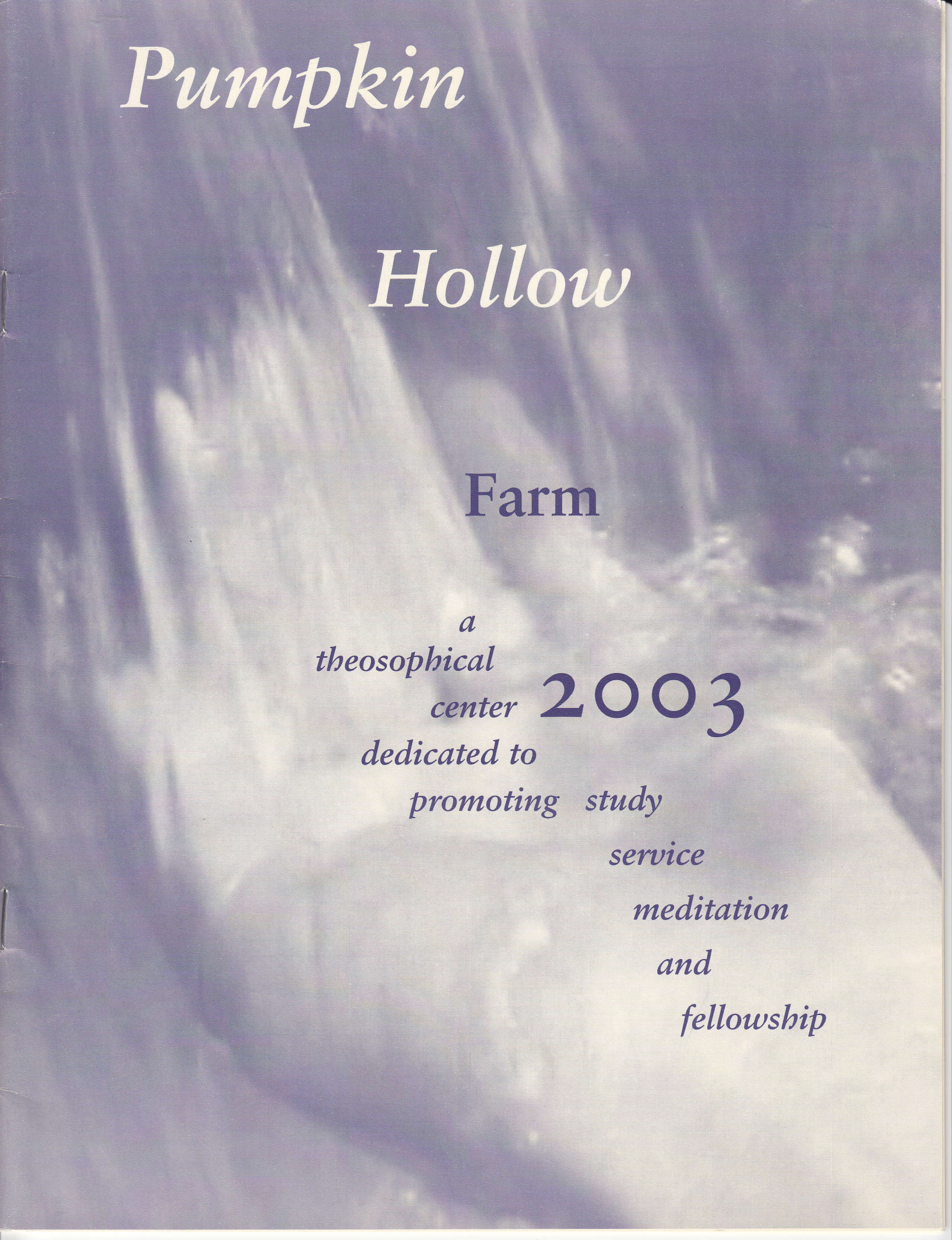




Pumpkin

Hollow

Farm

a
theosophical
center **2003**

dedicated to

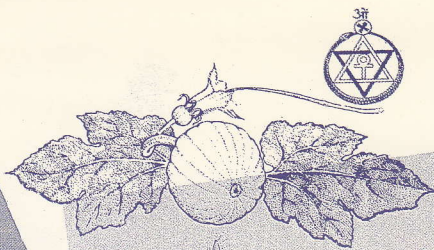
promoting study

service

meditation

and

fellowship



Workshop Calendar

March 28-30	Meditation, A Way of Healing - Spring Silent Retreat ☉	<i>Maria Parisen</i>
April 4-6	Spring-Into-Action Work Weekend	<i>Pumpkin Hollow Staff</i>
April 25-27 May 2-4, 9-11	Spring-Into-Action Work Weekends	<i>Pumpkin Hollow Staff</i>
May 16-19 (3 days)	The Process of Self-Transformation ☉	<i>Vicente Hao Chin, Jr.</i>
May 23-25	Exploring "Transformative Ideas in Theosophy" (E.B.Sellon) ☉	<i>Michael Sellon</i>
May 23-26 (3 days)	Basic Intensive on Therapeutic Touch	<i>Therapeutic Touch Faculty</i>
	Intermediate Intensive on Therapeutic Touch	<i>Therapeutic Touch Faculty</i>
May 29 - June 1	(CLOSED ENROLLMENT) - Women in the Arts	<i>Shirley Paukulis</i>
June 6-8	Magic & Imagination in Harry Potter and Lord of the Rings	<i>Dr. Stephan Hoeller</i>
	Living Mandala	<i>Sarah Buie and Walter Wright</i>
June 13-15	Celebration of Family	<i>Susan & Jack Conklin / L. McGuiness</i>
June 20-22	Pumpkin Hollow Festival Celebration	<i>Pumpkin Hollow Staff and Friends</i>
June 27-29	How Can I Keep from Singing IV	<i>Michael Orzechowski</i>
July 3-6 (3 days)	Evolution of Symbolism in the "Secret Doctrine"- NE FED. ☉	<i>Martin Leiderman</i>
July 11-13	Camp Closed	
July 18-23 (5 days)	Invitational Therapeutic Touch Mentorship Program *	<i>Dr. Dolores Krieger and Mentors</i>
	Intensive for Teachers of Therapeutic Touch	<i>NHPAI Faculty</i>
July 25-30 (5 days)	Advanced Invitational Workshop on Therapeutic Touch	<i>Dr. Dolores Krieger / TT Faculty</i>
August 1-3	Camp Closed	
August 8-10	The Aura Meditation & Self-Healing (In Spirit of Dora Kunz) ☉	<i>Loren & Carolyn Wheeler</i>
	Pumpkin Hollow Festival Celebration	<i>Pumpkin Hollow Staff and Friends</i>
August 15-17	The Theory of Evolution and Its Problems ☉	<i>Herb Lubitz</i>
	The Healing Power of Imagery	<i>Elizabeth Ann Manhart Barrett</i>
August 22-24	The Yoga of Dance	<i>Carolyn Wheeler / Paula Gallagher</i>
	Personal Mythology: Life as Metaphor ☉	<i>Carol Ward</i>
Aug 26-29 (3 days)	Scholar-in-Residence: The Esoteric World of H.P. Blavatsky ☉	<i>Michael Gomes</i>
Aug 30 - Sept 2 (3 days)	Meditation and Visualization Using the Stanzas of Dzyan ☉	<i>Michael Gomes</i>
September 5-7	Camp Closed for Private Party	
September 12-14	The Way of Greek Mythology	<i>Dr. Edward Tick</i>
September 19-21	A Matrix of Grand Unification ☉	<i>Michael Sellon</i>
	From the Reel to the Real: Hidden Wisdom in the Movies ☉	<i>Susan and Tom Ockerse</i>
Sept 26-29 (3 days)	Fall Silent Meditation Retreat	<i>Loren Wheeler</i>
October 2-5 (3 days)	Healing Our Hearts: In the Tradition of Thich Nahn Hahn	<i>Lyn Fine / Anh Houg Nguyen</i>
October 10-12	Art Works: in-seeing the external, ex-pressing the internal ☉	<i>Tom & Susan Ockerse / Anne West</i>
October 10-13 (3 days)	Fall Basic Therapeutic Touch Intensive	<i>Therapeutic Touch Faculty</i>
	Fall Intermediate Therapeutic Touch Intensive	<i>Therapeutic Touch Faculty</i>
October 17-19	Close-Up Weekend	<i>Pumpkin Hollow Staff</i>
Oct 31 - Nov 2, 28-30	Halloween and Thanksgiving Fall Work/Party Weekends	<i>Pumpkin Hollow Staff</i>

☉ Sellon Charitable Trust Scholarship funds available

* Balm Foundation funds available

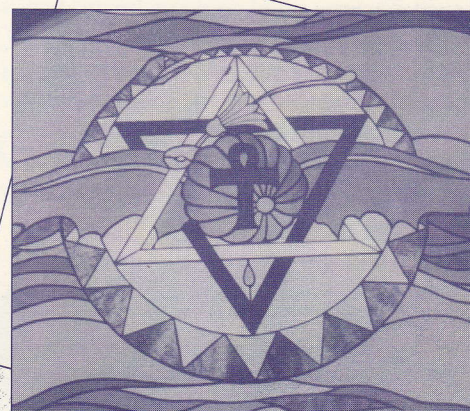
Welcome to

2003

Pumpkin Hollow Farm

THE NORTHEAST THEOSOPHICAL RETREAT CENTER

Pumpkin Hollow Farm, the northeast theosophical retreat center, was founded in 1937 to provide a peaceful and harmonious setting in which the essential spirituality of the individual can blossom and grow. Nestled amidst the Berkshire and Taconic Mountains, the Farm covers 130 acres of open fields, lush forests, flower beds, and an abundant vegetable garden nourished by the crystal clear Taconic Stream which flows through the property, rushing over a rocky waterfall and out through the base of a deep hemlock-lined gorge.



Pumpkin Hollow offers a unique rustic setting for workshops, retreats, yoga, meditation, evening talks and campfires, singing, dancing, and storytelling. The central farmhouse, meditation center, and quaint cabins all connect with a network of nature trails. The Healer's Sanctuary, nestled in a pine grove on the other side of the stream, provides a special place for solitude and meditation.

What is the Theosophical Society?



THE THEOSOPHICAL SOCIETY IN AMERICA

Founded in 1875, the Theosophical Society is a worldwide organization dedicated to promoting harmony among all people and encouraging the comparative study of religion, philosophy, and science to the end that we may better understand ourselves and our place in the universe. The Society stands for complete freedom of individual search and encourages investigation of the unexplained laws of nature and the powers latent in humanity.

For Information about the Society, call 1-800-669-1571, or write:
Theosophical Society in America, P.O. Box 270, Wheaton, IL 60189-0270
Web Page: www.theosophical.org

Meditation, a Way of Healing - Spring Silent Retreat

March 28-30 - Early spring is a time of renewal. Pumpkin Hollow's diverse community of spiritual seekers, wildlife, and woodlands invites rest and refreshment. During silence maintained through Sunday morning, activities include optional interactive sessions, meditation, journaling, walks, service, and celebration. Reflective gatherings explore meditation as a way of life and healing.

Maria Parisen is a retired rehabilitation R.N.. She guides retreats and workshops for the Theosophical Society worldwide, on meditation and the spiritual life. Maria also compiled the Quest anthology, "Angels and Mortals, Their Co-Creative Power".

Program Fee: \$30

© **Sellon Trust Scholarships available,**
call for details



The Process of Self-Transformation

May 16-19 - (3 days, Friday eve. to Monday lunch)

This seminar focuses on self-mastery of the personality and its integration with inner levels of consciousness. It involves exercises that explore ways of dealing with unwanted conditionings such as fears, resentments, irritability, etc., that lead to problems in daily life and relationships. It explores mystical consciousness through awareness and meditation. The workshop will be segmented into four areas of study: Review of the Map of Reality; Self-mastery; Clarification and Internalization of Values; and Transcendence.

Vicente Hao Chin, Jr., is the President of the Theosophical Society in the Philippines and Past President of the Indo-Pacific Theosophical Federation. He is the compiler and editor of the Mahatma Letters to A.P. Sinnett, Chronological Edition, and author of "The Process of Self-Transformation" and "Why Meditate?" He is also editor of Theosophical Digest. He has conducted the Self-Transformation Seminar in various parts of the world, including England, Australia, and India.

Program Fee: \$75

© **Sellon Trust Scholarships available,**
call for details

Scholarships Available

Please see catalog for programs which have a © sign; the Sellon Charitable Trust is offering full or partial scholarship assistance for these workshops. Call for information on eligibility and details.

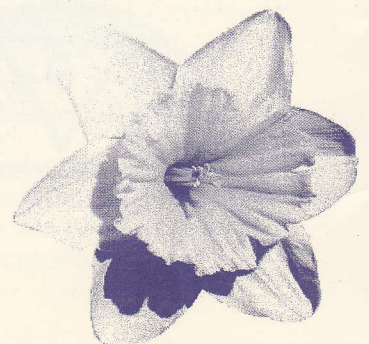
The Sellon Charitable Trust is offering scholarship assistance for newcomers to some Pumpkin Hollow workshops; it will cover program and partial accommodation fees. Call for information on eligibility and details.

SPRING-INTO-ACTION

April 4-6, 25-27, May 2-4, 9-11

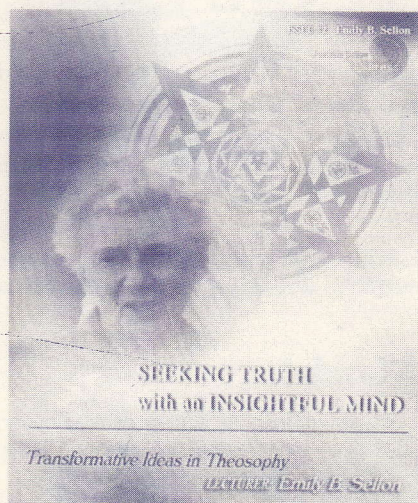
Work Weekends - April and May are Spring-into-Action months here at Pumpkin Hollow. These work weekends offer all who attend a special kind of communion with the land and each other. We'll be plunging into the chores of spring cleaning, planting the garden, cleaning and painting the cabins, and preparing the kitchen and office for the busy season ahead. We invite all hearty, earth-loving souls to join us for morning meditations, nature walks, fun evening activities, and to share your time and energy in service to the Farm. All of these weekends are free. We ask everyone attending to kindly contribute toward food expenses and to please bring their own linens or sleeping bag.

Work weekends are organized by the Pumpkin Hollow Staff.



Exploring "Transformative Ideas in Theosophy"

May 23-25 - Last Memorial Day (2002), Pumpkin Hollow celebrated the inaugural opening of the Emily B. Sellon learning center and classroom, devoting three lively days to exploring the theosophical world-view so uniquely synthesized by Emily during 60 years of study and research. To honor her insights, Pumpkin Hollow produced the first of four study guides of her 1984 lecture: "Transformative Ideas in Theosophy." A copy of the first guide was gifted to all attending -- and many more since -- in order to initiate a new learning process. The term "skillful means" was often used by Emily Sellon to embody a learning process that fully engages oneself in the pursuit



of theosophic understanding. She identifies learning as uniting the best conceptions of universality with the "here and now" of experience in ourselves, being totally in the world. This immediate moment is permeated by universals of energy and order. Every expression of this instant of being who you are is a marvelous window into wisdom and understanding. Although Emily has passed on and cannot be present for this event, each registered participant -- by signing up early -- will receive three study guides, each with a CD recording of her 1984 theosophical lecture. This provides you a personal introduction and preparation before the workshop convenes, inviting you to bring your questions, intuitions (and conundrums) to our special learning process-in-the-Hollow. These lay the groundwork for intimate one-on-one and group dialogue. We will bring germinating insights to contemplative exercises by the waterfall and gorge, uniting vision with nature's wonders. We shall engage artists to unite their perceptions into poetry and verse, a special experience of Unity. This program will be facilitated by **Michael Sellon** and others "keen" on the transformative ideas of Emily Sellon.

Program Fee: \$40

©This event is being sponsored by the Sellon Trust, full and partial scholarships available, call for details

MEMORIAL DAY WEEKEND Therapeutic Touch Workshops

Basic Intensive on Therapeutic Touch

May 23-26 (3 days) - Therapeutic Touch (TT) is a contemporary healing modality which evolved from the process of laying-on of hands. Based on the assumptions that human beings are complex fields of energy and that the ability to enhance healing in others is a natural human potential, Therapeutic Touch is used to balance and promote the flow of human energy. This introductory workshop, open to all, will explain the basic concepts of TT. Participants will have ample opportunities to learn and practice the basic Therapeutic Touch techniques.

Teachers presenting this program have been selected and approved by Dr. Dolores Krieger. Teachers will be **Denise Coppa** and **Carol Fairchild** with practicum help by **Virginia Sheehan**.

Intermediate Intensive on TT

May 23-26 (3 days) - Therapeutic Touch, a mode of healing and helping, is a contemporary interpretation of ancient practices. Therapeutic Touch, originally founded by Dora Kunz and Dr. Dolores Krieger, is taught in colleges around the world and has built a substantial base of formal and clinical research. Instruction, discussion, and practice will be led by a team of qualified teachers. The faculty-student ratio will allow for personal attention. The atmosphere at Pumpkin Hollow is conducive to healing as well as learning. This course is open to those who have taken the Basic Therapeutic Touch Workshop at Pumpkin Hollow or who have taken at least one full day TT workshop with instruction and practice in the Krieger-Kunz Method.

Teachers presenting this program have been selected and approved by Dr. Dolores Krieger. Teachers will be among the following: **Cheri Brady - facilitator** and **Pam Dole** with assistance by **Sue Conlin** and **Holly Major**.

CEU Contact hours available for both above workshops. All travel arrangements will be the responsibility of the participants. We make one Amtrak train pickup from and return trip to the Hudson, NY train terminal. For all those arriving by air travel, our closest airport is in Albany, NY. Car service or car rental should be made by workshop attendees in advance. Contact the office for a list of available companies.

Program Fee for either workshop: \$80 (check regarding available scholarships offered)

May 29 - June 1 - "Women in the Arts" (CLOSED ENROLLMENT) - Pumpkin Hollow is hosting a private retreat coordinated by Shirley Paukulis.

The Arrival of Magic and Imagination: Harry Potter and Lord of the Rings

June 6-8 - The charming tale of J.K. Rowling about children and wizardry has captured the enthusiasm of young and old on several continents. The recent release of movies of "Lord of the Rings" has catapulted this magical trilogy into mass consciousness. Are these authentic explorations into the realm of magic, where the spell of the imagination rules? Do these stories reflect a genuine pilgrimage as they are described in true spiritual traditions and literature? Do the contents of the modern myths of J.R. Tolkien and J.K. Rowling have a foundation in ancient metaphysical tales of seekers on a mystical journey? The insights of the Gnostic, Hermetic, and Theosophical traditions upon the current revival of the magical world view will be explored.

Dr. Stephan Hoeller is a national lecturer of the Theosophical Society and has taught religious studies prior to his retirement.

Program Fee: \$50



Living Mandala

June 6-8 - The mandala archetype occurs universally as a map of wholeness or unity. In its most radical definition, it is the space of all potential, whether light or dark. Within the mandala we see and experience the powerful dance of interdependence and transformation resulting from the play of dualities -- life and death, yin and yang, fear and courage, good and evil. During this weekend, we explore our life situation from within the mandala, asking for the wisdom of its meaning and its message of transformation in this time when the energies of aggression, fear, numbness, and violence are so present in our culture and world. Slide talks and discussions, mandala-making and labyrinth walking, simple chi kung practices and experiential exercises drawn from eco-philosopher Joanna Macy's book "Work that Reconnects" will take us deeper into mandalic awareness. Participants will receive a small packet of readings in advance of the workshop.

Sarah Buie is professor of graphic design at Clark University, and is a practicing museum exhibition designer. She also teaches courses on the spiritual dimensions of our relationship to the environment. She has traveled and worked extensively in Nepal and India, and is at work on a book based on her course on Sacred Space.

Walter Wright teaches philosophy at Clark University. His academic focus is on classical German philosophy and the philosophy of religion. A life-long student of wisdom traditions, he has studied and cultivated earth-based spiritualities, is passionate about his chi kung practice, and has a particular interest in the study of energies.

Program Fee: \$50

Willing to experience aloneness,
I discover connection everywhere.
Turning to face my fear,
I meet the warrior who lives within.
Opening to my loss,
I gain the embrace of the universe.
Surrendering into emptiness,
I find fullness without end.
Each condition I flee from pursues me.
Each condition I welcome transforms me,
and becomes itself transformed
into its radiant, jewel-like essence.
I bow to the one who has made it so,
Who has crafted this master game.
To play it is purest delight.
To honor its form, true devotion.

--Jennifer Welwood

Celebration of Family

June 13-15 - We are all in developmental stages as individuals and as a family. As we change, our relationships change. To live as a family with loving kindness we must be able to cope with our own challenges and relieve our own stress. Additionally, we must consider the changing needs of our family members and both adapt and respond. Please join us for these discussions and for time to renew ourselves as well as play together. Anyone who considers themselves family is welcome!

Jack Conklin, PhD., retired Professor of Education, MCLA and current Elementary School Principal at Chesterwood Academy, Northfield, N.J.

Susan Conklin, LICSW, BCN, lifetime Theosophical Society member, longtime TT practitioner, psychotherapist/social worker in private practice, talk show host, and docent at Clark Art Institute, Williamstown, MA.

Susan and Jack have hosted the "The Family Celebration" at Pumpkin Hollow for many years; this year they will be joined by:

Lorna McGuiness is a certified Kripalu Yoga teacher and massage therapist and has a Doctorate degree in holistic health (Nathurology). She has combined these skills and others to create stress management and stress reduction programs for various business and social organizations throughout New England. She lives in New London, New Hampshire with her husband.

Program Fee: \$30; Family Fee: \$55 (Call for Details)

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Program Fee: \$50

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I discover connection everywhere.
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I meet the warrior who lives within.
Opening to my loss,
I gain the embrace of the universe.
Surrendering into emptiness,
I find fullness without end.
Each condition I flee from pursues me.
Each condition I welcome transforms me,
and becomes itself transformed
into its radiant, jewel-like essence.
I bow to the one who has made it so,
Who has crafted this master game.
To play it is purest delight.
To honor its form, true devotion.

--Jennifer Welwood

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Program Fee: \$30; Family Fee: \$55 (Call for Details)

Pumpkin Hollow Festival Celebration

June 20-22 - Over two weekends this summer, (June 20-22 and Aug. 8-10) the Pumpkin Hollow staff and extended community invite you to join us for a fun, creative, and educational time together. These weekends will be filled with hands-on activities in a free-flowing, informal environment designed to connect body, mind, emotions, and spirit. Our menu of activities, led by a variety of talented teachers, will include periods of meditation; short seminars; discussion groups on spiritual and metaphysical topics; arts and crafts activities such as painting, collage/mandala making, creating jewelry and poetry; cooking projects; singing and music making; nature/labyrinth walks; and the exploration of various healing modalities. Come and take part in our smorgasbord of fun-filled activities, offered in the spirit of sharing and caring.

This program will be hosted by the Pumpkin Hollow Staff and our extended community. Call for a schedule of classes which will be presented.

Program Fee: \$50



How Can I Keep From Singing! (IV)

June 27-29 - Be with great people, sing great music! Wake up your spirit and shine light on your path with a joyous, energizing weekend. We will sing music of all sorts from doo-wop to spirituals. There will be rounds and new part-songs chosen by participants. Sing old favorites as well as new songs of all kinds from our greatly expanded collection. We will continue the popular coaching in how to harmonize. This is a "hands-on" workshop in a safe and supportive environment, friendly for both the shy and the seasoned singer, with individual (as time allows), small group, and full group training. Newcomers will learn to start creating a new, relaxed sound of their own that heals and centers while giving enjoyment. Veteran participants will build on past workshops. Bring favorite songs to work on and be prepared for pleasant surprises.

Mike Orzechowski has a lifelong enthusiasm for singing and getting others to sing. His singing experience ranges from Gregorian chant to the performing/recording group, The New York Madrigal Singers, from barbershop quartets and folk music trios, and opera choruses. He is an experienced conductor and song leader, leader of many singalongs and impromptu musical workshops and performances at PHF, and teaches singing privately. He studied conducting at Alverno College in Milwaukee and choral technique with Fred Waring. He studied voice with Elliot Levine of The Western Wind Ensemble and sings weekly with Aurora Choralis, a renaissance music sight-singing group.

Program Fee: \$50

Mantra

O Hidden Life

O hidden life vibrant in every atom
O hidden light shining in every creature
O hidden love embracing all in oneness
May all who feel themselves as one with thee
Know they are therefore one with every other.

Annie Besant



The Northeast Theosophical Federation 2003 Program



THE EVOLUTION OF SYMBOLISM: as outlined in the "Secret Doctrine" with Martin Leiderman

Sponsored by the Northeast Federation © and the National Lodge of the Theosophical Society in America

Thursday, July 3 (dinner) - Sunday, July 6 (lunch)

During this seminar we will explore in detail the esoteric teachings regarding the symbols and myths. This study, illustrated by slides, will show how symbolism has been used by world religions --old and modern-- and by esoteric schools related to Alchemy, Kabbalah, and other traditions. H.P. Blavatsky, founder of the Theosophical Society, used these symbols and myths as testimonials in the first volume of her masterwork "The Secret Doctrine," under the title of Cosmogogenesis. In Part II of this volume, called "The Evolution of Symbolism In Its Approximate Order," we'll discover several key-notes or key-teachings. When all of them are put together, they will reveal to our eyes the Grand Cosmic Scheme: the archetypes, ideas, and ruling principles that shape (inform) the world we live in. During the slide presentation, Gods and Goddesses, Demi-gods and Heroes, mystical diagrams, mythical accounts and, lastly, the hierarchy of the Angelical Kingdom (Dhyana Chohans), will come to life as manifestation of the Divine Plan. It is recommended that you bring Volume 1 of the Secret Doctrine, facsimile 1888 edition; Volume 2 of the Adyar Edition; or the volume of any edition that contains Book I, Part II: "The Evolution of Symbolism."

Martin Leiderman, born in Venezuela, is a long-time student of Theosophy and a National Lecturer for the Theosophical Society in America, who has lectured nationally and internationally in the areas of theosophy, comparative ancient religions and mythologies, Alchemy, and Kabbalah. He has traveled extensively in Mexico, Central and South America, Europe and Egypt, studying ancient myths and religions. He currently lives in Los Angeles, CA.

NON-REFUNDABLE REGISTRATION FEE: \$50

PROGRAM FEE: WAIVED

ROOM & BOARD FEES: \$180 (3 nights/9 meals)

© **Scholarship assistance for room and board is available to qualified members of the Theosophical Society. For further information or to request a scholarship application, please call or write Steven Williams at Pumpkin Hollow.**

Northeast

Theosophical Federation

The Northeast Federation
Annual Business Meeting will be held
Saturday, July 5, 2003 at 2:00 p.m.
The meeting will be open
to all members of the Theosophical Society

Business Meeting

INVITATIONAL WORKSHOPS on Therapeutic Touch

THERAPEUTIC TOUCH INVITATIONAL MENTORSHIP PROGRAM

July 18-23 (5 days: Friday dinner to Wednesday lunch) - This is a program for TT therapists who have completed intermediate level studies and practice (for at least a year) and are ready to undertake a course of more individualized advanced study. Participants will benefit from study with a seasoned TT mentor and under the leadership of **Dr. Dolores Krieger**. Program content will be on the basis of mentors' expertise as described in their bios. The teaching/learning atmosphere will be that of a cooperative joint venture between mentors and students toward a common goal. Participants will be accepted on the basis of their application.

CEU Contact Hours available. All applications will be reviewed by Dr. Krieger. Acceptance for the above workshop will be limited to those who are health professionals or lay persons involved in health-related activities, such as hospice volunteers. Applications for the above program may be obtained by writing or calling Pumpkin Hollow; completed applications are due by April 15th.

**Fee for Complete Workshop: \$350/\$270 for campers
(includes Room and Board/Program fees)**

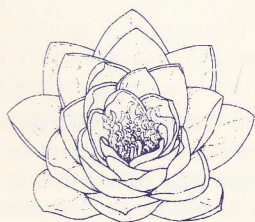
See Balm Foundation Scholarship assistance *

INVITATIONAL WORKSHOPS on Therapeutic Touch

© Scholarship support is available through the generosity of the Balm Foundation.

This scholarship is for student participants of the mentor program who meet the following criteria: 1) Must be an RN; 2) Participant, who might be unable to attend for financial reasons, will be able to attend program if financial assistance is available; 3) Participant will communicate clearly how she envisions the program will enhance and be incorporated into her current practice; and 4) Participant, upon completion of the program, will write several paragraphs describing what was gained from attending the program.

MENTORS' BIOS



Sue Conlin, BS, CPA is a semi-retired accountant who has been practicing TT since 1990 and teaching since 1998. She currently runs several practice groups in the Albany NY area, in addition to teaching and practicing TT.

Pamela J Dole, EdD, MPH, NP is a recognized Qualified TT Teacher, Mentor, and Practitioner by NH-PAI. She has practiced TT for the past 12 years and has taught and mentored in a variety of programs offered by PHF and in South Africa the last 6 years. She has integrated TT into her role as a NP specializing in Women's Health Care, HIV, and in Forensic nursing especially related to promoting healing from interpersonal violence.

Holly Major, RNC, QTP. Holly currently practices nursing in a holistically centered acute care facility in southern CT and coordinates the Therapeutic Touch Program at this facility. She has attended Therapeutic Touch programs at PHF since 1999 and began teaching Therapeutic Touch in 2001.

Na'ama Yehuda, MSC, SLP, APP is a therapist and healer experienced in supporting people who survived life altering challenges. She's been a TT healer for the last 6 years.

INTENSIVE FOR TEACHERS OF THERAPEUTIC TOUCH

July 18-23 (5 days: Friday dinner to Wednesday lunch) - This program, designed for experienced TT practitioners will deepen your understanding of the teaching-learning process as well as explore strategies of teaching TT. NHPAI qualified teachers will guide participants in activities and discussions: providing a framework for exploring theory, basic assumptions and principles of TT and adult learning theory. Opportunities for clinical practice, course design, creative strategies for teaching classes and workshops will be provided. Dr. Dolores Krieger will be overseeing the program, guiding teaching mentors and participants, and offering daily talks. Application materials are available from NH-PAI, 3760 South Highland Drive, #429, Salt Lake City, UT 84106 or at www.therapeutic-touch.org.

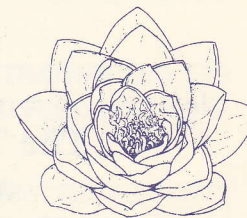
**Fee for Complete Workshop
(which includes Room and Board/Program fees): \$400**

31st ANNUAL ADVANCED THERAPEUTIC TOUCH WORKSHOP

July 25-30 (5 days: Friday dinner to Wednesday lunch) - This program, for experienced TT teachers and therapists, has been updated to include new techniques and implications for TT in light of new technologies, pharmaceuticals, genetic engineering, modes of communication; health policies and proposed legislation; questions of ethics and philosophic considerations; emerging applications of TT; current TT researches and their implications; work with other-than-human intelligences; awareness of inner self; TT and the dying process; TT and psychospiritual crisis; preparation for transpersonal interactions, and other program specific topics. This workshop is open to those who have attended at least two previous Therapeutic Touch Workshops and have three years' experience in the practice and/or teaching of Therapeutic Touch. **This workshop will be led by Dr. Dolores Krieger with coordination assistance by Diane May and the following qualified teachers: Cheri Brady, Suzi Cekarmis Schoon, Evy Cugelman, Stacey Deluca, Pamela Dole, Carol Fairchild, Katherine Rosa, and Sylvia Weber.**

CEU Contact Hours available. All applications will be reviewed by Dr. Krieger. Acceptance for the above workshop will be limited to those who are health professionals or lay persons involved in health-related activities, such as hospice volunteers. Applications for the above program may be obtained by writing or calling Pumpkin Hollow; completed applications are due by April 15th. Some scholarship assistance available, including first-time attendees. Call for details.

**Fee for Complete Workshop
(which includes Room and Board/Program fees): \$350/\$270 for campers**



In the spirit of Dora Kunz's
ongoing commitment, work, and love for Pumpkin Hollow

The Aura Meditation & Self-Healing

August 8-10 - How do patterns of our thoughts and feelings influence our personal aura? Dora had much to share from her unique point of view regarding dimensions of consciousness and the possibilities for change and growth through meditation and healing. Her book, "The Personal Aura", provides a stimulating resource for self-study. What are the longstanding patterns in our aura? How do we actualize our ideals and innate potentials and eliminate habitual patterns and memories that block us? Dora's meditation and the power of the group help us move beyond our constrictive patterns, feel harmony with others and the creative forces of nature. Through meditation we connect with the inner self and develop intuition, giving us perspective and choice in our lives. A founder of two theosophical camps, Dora felt strongly that the natural setting is most conducive to healing. Time for walks in the woods, relaxing by the waterfall, a favorite tree or at the evening campfire helps us break the stressful momentum of our lives and open to powerful healing forces in nature.

As longtime residents of Pumpkin Hollow, Loren and Carolyn Kay Wheeler are deeply connected to living in nature and its presence. They were privileged to study and work with Dora since the early 1970s. See the Fall Silent Retreat and the Yoga of Dance programs for bio information.

Program Fee: \$50

©Sellon Trust scholarships available, call for details

Pumpkin Hollow Festival Celebration

August 8-10 - The Pumpkin Hollow staff and extended community invite you to join us for a fun, creative, and educational time together. This weekend will be filled with hands-on activities in a free-flowing, informal environment designed to connect body, mind, emotions, and spirit. Our menu of activities, led by a variety of talented teachers, will include periods of meditation; short seminars; discussion groups on spiritual and metaphysical topics; arts and crafts activities such as painting, collage/mandala making, creating jewelry and poetry; cooking projects; singing and music making; nature/labyrinth walks; and the exploration of various healing modalities. Come and take part in our smorgasbord of fun-filled activities, offered in the spirit of sharing and caring.

This program will be hosted by the Pumpkin Hollow Staff and our extended community. Call for a schedule of classes which will be presented.

Program Fee: \$50

The Theory of Evolution and Its Problems

August 15-17 - The paradigm that has touched every aspect of modern thought and is the basis for how we view ourselves and the world around us is that of Darwinian evolution. Except for religious fundamentalists, evolution is considered a scientific fact. Any challenges to the theory are regarded as unscientific at best or laughable at worst. But some respected biologists are raising serious questions. We will look at these and also discuss the theosophical approach to the subject.

Herb Lubitz joined the Theosophical Society in 1960. He was strongly influenced by Fritz Kunz's philosophy and theories concerning the relationships between modern science and Theosophy. Over the years he has lectured at the Middle Atlantic lodges as well as the NYTS on the science-theosophy connection. He currently teaches a course on the philosophy of science at the adult education division at the University of Delaware. A graduate of The Cooper Union in Chemical Engineering, he has worked for Dupont as well as other technical firms in product development, retiring in 1985.

Program Fee: \$50

©Sellon Trust scholarships are available, call for details

The Healing Power of Imagery

August 15-17 - Imagery, a powerful healing tool for over 5000 years, is the universal language of the mind that uses the intuitive wisdom of the imagination to think in pictures, sounds, or through other sensory experiences. Imagery helps us tap into what's going on in our lives and to understand the impact of the everyday stresses of life, as well as the meaning of our symptoms and illnesses. It puts the whole person very much into the healing equation to optimize the healing abilities present in everyone. In this workshop, participants will experience imagery exercises designed to promote well-being and healing through changing limiting beliefs, clearing unwanted emotions or physical pain, and actualizing hopes and dreams. Discussion will include: 1) historical background of imagery and current research; 2) imagery as a doorway to the invisible reality of oneness in the no spacetime zone; and 3) the ten basic concepts of imagery.

Elizabeth Ann Manhart Barrett, RN; PhD; FAAN, is a therapist in private practice in Manhattan and Professor Emerita of Nursing, Hunter College, City University of New York. She uses imagery, Therapeutic Touch, and other healing modalities to promote unitary well-being through a process she developed called Health Patterning. She has authored and/or edited books, articles, and book chapters and gives workshops and lectures nationally and internationally.

Program Fee: \$50



The Yoga of Dance

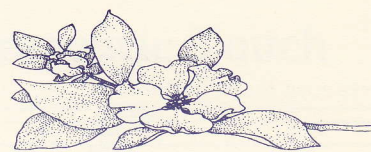
August 22-24 - *"The body moves by means of the spirit, but you do not see the spirit. Thus you can know the spirit through the movement of the body."* Rumi

'Yoga of Dance' is for everyone. In this workshop based on ecstatic dance traditions of India and the Middle East we will explore meditative movements for centering, integration and healing, complemented with lively celebrations. Movement done with awareness allows us to sustain an inner presence and kindles insight. In our circle of movement and song we will experience the buoyant feeling of harmonious rhythms pulsing through us and attune to the inner rhythms that unite us with all of nature. Come, touch your joy and share with others re-creating radiance

Carolyn Kay Wheeler, RN, RYT integrates a wealth of multicultural life experience with careers in the healing arts and professional dance. For three decades she has toured nationwide, teaching in schools, colleges and health conferences. A Therapeutic Touch, yoga and movement therapist, for many years she has created and led celebrations for Pumpkin Hollow.

Paula Gallagher, RN is an accomplished contemporary and Middle Eastern dancer with an extensive and varied background in movement and the healing arts. She is a certified teacher of the Alexander Technique and Hatha Yoga. Ms. Gallagher maintains a private practice in stress reduction and therapeutic movement in New York City.

Program Fee: \$50



Personal Mythology: Life as Metaphor

August 22-24 - Fairy Tales, myths and the spiritual literature of a people are all written in allegory. The message they portray is encoded in what appears to be a rational story line. Analyzing these stories provides insight into our own psychology and the way the human race is designed to operate. This weekend, we will look at our own lives in terms of myth and metaphor. The memories stored in the bodysoul will be explored through movement and emotional release. Our minds will gain insight into our personal myth and our spirits will be allowed access to our totality through the use of symbols. If you have a personal journal of dreams and/or feelings, please bring it with you as there will be time for personal reflection and healing.

Carol Ward has completed her Masters in Psychology and is training to be a Jungian Analyst. She and her husband reside in Stamford, Conn. She is a national speaker for the Theosophical Society and has presented in Europe and India.

Program Fee: \$50

©Sellon Trust scholarships are available, call for details

Scholar-in-Residence Program with MICHAEL GOMES

Each year Pumpkin Hollow invites a distinguished individual to be our Scholar-In-Residence for more personal teacher - student dialogues.

This year our Scholar-In-Residence is Michael Gomes.

Michael Gomes has spent the past 35 years studying the life and teachings of H.P. Blavatsky. This year he will share the results of his research with us. He is editor of a number of Mme. Blavatsky's works, including an abridgment of her first book *Isis Unveiled*, and has written extensively on the history of the theosophical movement. Marking the millennium and the 125th anniversary of the T.S., the Theosophical Society in England invited him to present its prestigious Blavatsky Lecture in 2000.

Weekday Scholar-In-Residence Seminar

August 26-29 (3 days - Tuesday dinner to Friday lunch)
The Esoteric World of H.P. Blavatsky

The world of H.P. Blavatsky, who opened up the field of esotericism to women, the ideas and the people involved in her work will be explored during this week, as well as something of the vast literature involved. The nature of esoteric schools, our Neoplatonist heritage, Indian esotericism, human evolution as portrayed in the *Secret Doctrine*, and the yoga of the teaching of H.P.B. will be among the subjects covered.

Seminar Fees: \$225

(includes Room and Board & Program Fee)

©Sellon Trust scholarships available, call for details

JOHN SELLON MEMORIAL WEEKEND

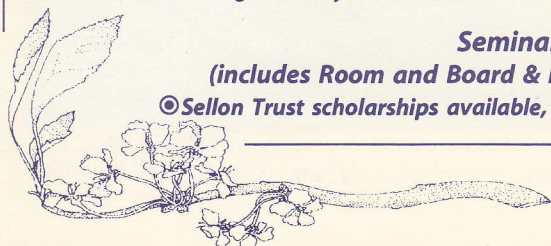
Meditation and Visualization Using the Stanzas of Dzyan

August 30 - Sept 2 (3 days - Friday dinner to Monday lunch)

This weekend, dedicated to the memory of John Sellon, will be more reflective than in previous years. This will not be a class on the Secret Doctrine; instead, working with the stanzas from that book, participants will be shown how to utilize their intuitive faculties when approaching abstract subjects.

NON-REFUNDABLE REGISTRATION FEE: \$30
PROGRAM, ROOM & BOARD FEES: WAIVED©

© Through the generosity of the Sellon Charitable Trust, full scholarships for the Labor Day Weekend program are being provided for Theosophical Society (Adyar) members and some non-members who attend all sessions of the program for which they register. Please call for information on eligibility or any other inquiries.



The Way of Greek Mythology



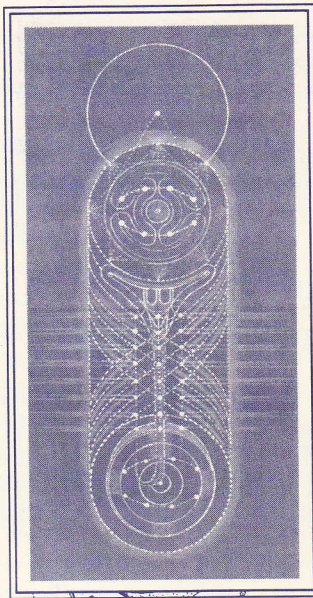
Sept. 12-14 - The gods and goddesses, heroes and heroines, stories and legends of Greek mythology give us endless enjoyment and fascination. But behind them lie great spiritual and psychological mysteries. The deities, heroes, and their tales represent archetypes -- eternally recurring patterns in human experience that we all must live, meet, and master in order to achieve health, wholeness, maturity, wisdom, and selfhood. Greek mythology presents a wise, coherent, and noble path toward living a full, wise and good life, discovering one's destiny, and working well with both light and shadow aspects of our psyches. Using storytelling, dreamwork, psychodrama, slides, and other experiential and discursive methods, this workshop will guide you in learning how to awaken and utilize the archetypes revealed in Greek mythology in your daily life. The workshop is designed to help participants understand and work well with their personal and spiritual unconscious, and live a life of value, honor, and righteousness.

Edward Tick, Ph.D. has practiced psychotherapy for 27 years, specializing in healing from violence, trauma, and war, and in psychospiritual healing in Greek and Native American traditions. Ed directs Sanctuary: A Center for Mentoring the Soul in Albany, NY and co-directs the Sage Center on Violence and Healing. He leads healing journeys to both Greece and Viet Nam. He has published 2 books and more than 50 articles, and is editor emeritus of the journal *Voices: the Art and Science of Psychotherapy*. He is the author of the *Quest Book*, *The Practice of Dream Healing: Bringing Ancient Greek Mysteries into Modern Medicine*.

Program Fee: \$50



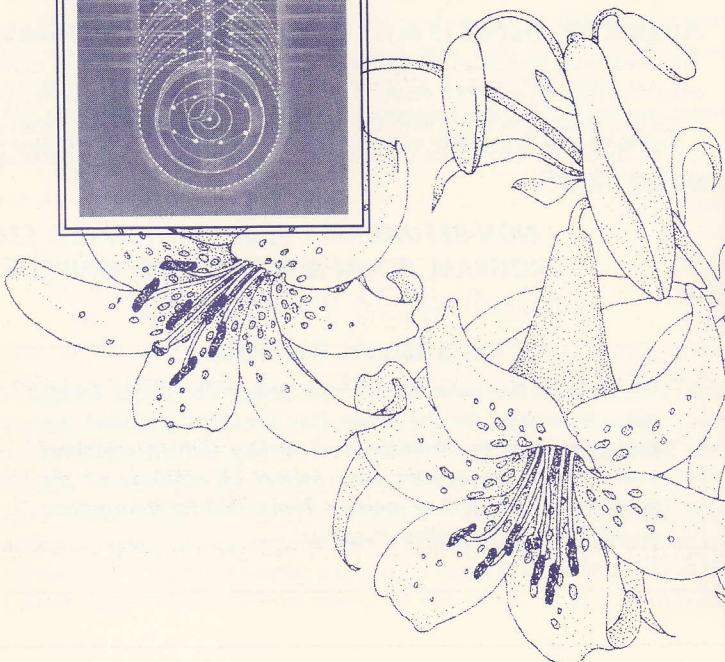
A Matrix of Grand Unification

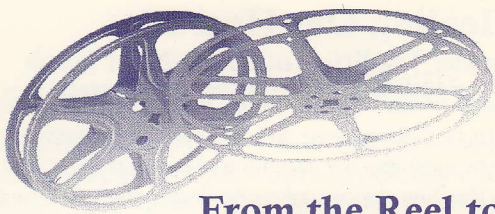


Sept. 19-21 - We return for the third program studying a graphic matrix whose patterns help us visualize the unified forces, symmetries, forms, and functions of Creation. This Matrix unites into one expression, the theosophic vision of One Absolute, indivisible Reality whose "grand unification" permeates all existence. The world of manifestations is conceived, gestated, birthed, sustained, and transformed by and wholly within the Oneness, rather than in "outside" realities -- with no forfeiting of its perfect unity. A study guide series is being developed for this program. **Michael Sellon, MA**, a long-time Hollower, is an artist and researcher, and formerly a research associate of the Museum of the American Indian in New York City. He has studied graphic symbolism and comparative cosmology for 40 years and has led numerous workshops on art and symbolism. He devotes his work to the integration of the arts through myth and symbol in writing, theater, sculpture, and painting.

Program Fee: \$50

© Sellon Trust scholarships available, call for details





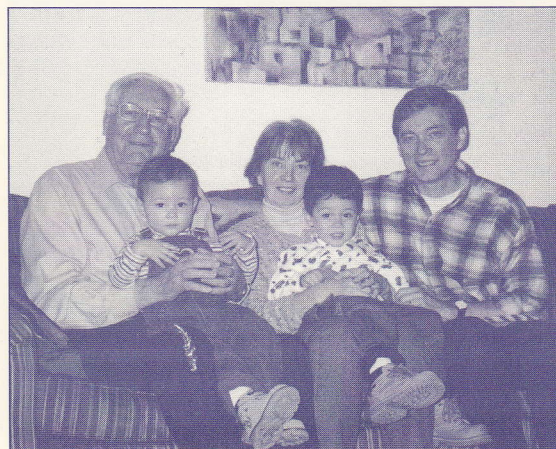
From the Reel to the Real: Hidden Wisdom in the Movies

Sept. 19-21 - There are bits of wisdom in all forms of expression, whether in the arts (both fine and not so fine) or in common objects or activities of conscious design. These are the archetypes that are so much a part of the artist that they show up even if the artist doesn't know it. In this workshop, we will investigate these forms of wisdom expressions found in the visual arts. Because so many of us share a fascination with the moving image, the workshop leaders have chosen to exemplify such teachings with clips from mainstream movies and television (although not the obvious examples of stories on the metaphysical or those made intentionally for "new age" market interest). Like ordinary events in life that escape our full attention, these visual examples offer a new perspective on what we may not have appreciated before, helping us to see the ordinary in more profound ways and also entertaining us while we experience theosophical insight.

Susan and Tom Ockerse - please see bio descriptions under Art Works program to be given October 10-12.

Program Fee: \$50

©Sellon Trust scholarships available, call for details



Fall Silent Meditation Retreat

Sept. 26 -29 (3 days, 2 day option) - A Silent Retreat is quiet, inspiring and fun. For those who have never experienced a silent retreat, Pumpkin Hollow offers a gentle beginning, those who are experienced will find the emphasis on Nature to be deeply rewarding. Observing three days of silence our goal is to quiet the mind, allow our inner self to emerge and share the peace and power of this retreat with the world. We will enjoy contemplative time alone as well as group activities such as meditations, nature walks, yoga and a campfire. After dinner Friday night we meet each other, have an orientation and begin silence. Silence is maintained until Monday noon. For two-day participants, silence ends Sunday 2 pm. We welcome all of you who can make this commitment.

Loren Wheeler, long-time resident and volunteer at Pumpkin Hollow, has facilitated Silent Retreats for many years. He serves on the Board of Directors of the New York Theosophical Society and is devoted to cultivating the beautiful grounds at the Hollow.

Program Fee: \$40 (subtract \$10 if not staying the extra day)



Art Works:

in-seeing the external, ex-pressing the internal

October 10-12 - To be is to be related. When we experience "in-seeing" -- as the poet Rilke called it -- we find ourselves in a place of union: a beingness with the essence of life. This place is also the creative source from which art and poetry can emerge. Being that place of essence, the source is therefore available for all to drink from -- not just the privileged few whom society has declared artist or poet. Unfortunately, this source and its natural power remain too latent for many of us, because our conditioning prevents our ability to unveil it. This workshop is offered as a hands-on opportunity for anyone, skilled artist or non-artist, skilled poet

Tom and Susan Ockerse have been working together in comparative study of the arts in combination with the study of theosophy. They have presented lectures at the Krotona Institute, Naarden Center in Holland, Pumpkin Hollow, Olcott and other Theosophical centers. Tom is a professor at Rhode Island School of Design and has taught and practiced design for over 30 years. Susan has a degree in science education and has done graduate work in music and theater. Her work gradually moved from an interest in the general practice of theater to the study of hidden wisdom in music, theater and film. Tom is currently a Director of the Theosophical Society in America, and also serves on the board of Pumpkin Hollow. Susan leads the Providence Study Group.

Anne West, adjunct professor at the Rhode Island School of Design, works with graduate students in art and design to help them "map the intelligence of their work." Since 1979, she has coordinated and presented exhibitions of various media for galleries and museums throughout Canada. She holds a doctorate in Arts and Media Studies from the University of Toronto. She is also working on a book "that explores the place of sentiment and imagination in our understanding of the world."

Program Fee: \$50

© Sellon Trust scholarships available, call for details

Healing Our Hearts

A Retreat in the Tradition of Thich Nhat Hanh

October 2-5 (3 days -Thurs eve to Sun. lunch) - The practice of mindfulness helps us to be fully present and to touch the wonders of life within and around us: the sunshine, the autumn leaves, the pebbles, the smile of a child. Looking at the blue sky, we take one deep breath and touch its immensity, solidity and freedom. Much of our time will be in silence interspersed with the opportunity to speak from our hearts. The community and practice of this retreat on the anniversary of Gandhi's birth offers us an opportunity to stop, rest, practice conscious breathing, and deepen our capacity for wisdom and compassion in these challenging times. In the natural beauty of Pumpkin Hollow Farm we learn ways to not be overwhelmed by feelings of anger, fear, grief and despair as we touch our inherent capacity for renewal and healing our hearts.

Lyn Fine is one of the founders of the Mindfulness Community of New York City. She was ordained as a dharma teacher by Thich Nhat Hanh in 1994. She lives in Berkeley and offers teachings in this country and abroad.

Anh Huong Nguyen was ordained as a dharma teacher by Thich Nhat Hanh in 1992 and has been leading Days of Mindfulness and weekend retreats in the Washington, D.C. and N.Y.C. areas and in Vietnam.

Program Fee: \$75

A \$50 deposit is required to hold your space for this program



COLUMBUS DAY WEEKEND Therapeutic Touch Workshops

Basic Therapeutic Touch

October 10-13 (3 days) - Therapeutic Touch (TT) is a contemporary healing modality which evolved from the process of laying-on of hands. Based on the assumptions that human beings are complex fields of energy and that the ability to enhance healing in others is a natural human potential, Therapeutic Touch is used to balance and promote the flow of human energy. This introductory workshop, open to all, will explain the basic concepts of TT. Participants will have ample opportunities to learn and practice the basic Therapeutic Touch techniques.

Teachers presenting this program have been selected and approved by Dr. Dolores Krieger. Teachers will be Nancy DeLucia and Cheri Brady with assistance by Sue Conlin.

Intermediate Therapeutic Touch Intensive

October 10-13 (3 days) - Therapeutic Touch, a mode of healing and helping, is a contemporary interpretation of ancient practices. Therapeutic Touch, originally founded by Dora Kunz and Dr. Dolores Krieger, is taught in colleges around the world and has built a substantial base of formal and clinical research. Instruction, discussion, and practice will be led by a team of qualified teachers. The faculty-student ratio will allow for personal attention. The atmosphere at Pumpkin Hollow is conducive to healing as well as learning. This course is open to those who have taken the Basic Therapeutic Touch Workshop at Pumpkin Hollow or who have taken at least one full day TT workshop with instruction and practice in the Krieger-Kunz Method.

Teachers presenting this program have been selected and approved by Dr. Dolores Krieger. Teachers will be among the following: Diane May - facilitator, Laura Pokoradi with assistance by Candace Hogan and Holly Major.

CEU Contact hours available for both above workshops. All travel arrangements will be the responsibility of the participants. We make one Amtrak train pickup from and return trip to the Hudson, NY train terminal. For all those arriving by air travel, our closest airport is in Albany, NY. Car service or car rental should be made by workshop attendees in advance. Contact the office for a list of available companies. Please bring warm clothes and an extra blanket, as many of the sleeping spaces have no heat.

Program Fee for either workshop: \$80 (check regarding available scholarships offered)

Fall Work/Party Get-Togethers

Close-Up, Halloween, Thanksgiving
Work/Party Weekends

October 17-19, Oct 31-Nov 2, Nov. 28-30

We invite you to join the Pumpkin Hollow Staff in closing the camp for the winter months. All those who want to assist us in this invigorating

and fun endeavor are welcome. Your help is needed to close-up the cabins and get firewood stacked on Oct. 17-19 before the winter cold closes in. On the Halloween weekend bring along a costume or join us after Thanksgiving for a festive get-together. Be sure to bring linens or a sleeping bag and warm work clothes. There is no housing or program fee for these weekends, but donations toward food expenses are welcome. Please let us know if you can come help.

Positions Open: Pumpkin Hollow is operated by the spirit and hand of volunteerism. Anyone is invited to apply to both long and short term residency, to contribute in the areas of vegetarian cooking, office work and registration, housekeeping and laundry, gardening and landscaping or general maintenance. The benefits are inviting: 130 acres of natural beauty, stimulating workshops and seminars, daily meditation practice, spiritual growth through giving, deep friendship, room, board, and living expenses. Applications and inquiries are welcome.

Contact Steven Williams c/o Pumpkin Hollow Farm for an application or inquiry.

Acknowledgments: Thanks are given to the 2003 Program Committee (Tom Ockerse/Chair, Charlie Elkind, Lioba Logan, Steven Williams, Michael Sellon and our trustees) and our 2003 workshop facilitators for making this catalog a reality. Board of Trustees: Susan Conklin, Charlie Elkind, Gloria Knight, Lioba Logan, Eloise Monzillo, Tom Ockerse, Michael Sellon, Carol Ward, and Steven Williams. Operating Staff: Charlie Elkind, Lioba Logan, and Steven Williams with support by Loren and Carolyn Wheeler. Program brochure editing and design: Charlie Elkind, with editing assistance by Marie Spiller. Cover design: Thomas Ockerse / cover image by Rebecca Klein. Brochure photos by Loren Wheeler and others. We appreciate and honor the financial support given to Pumpkin Hollow by The Balm Foundation, the Sellon Charitable Trust and Michael and Peter Sellon.



PUMPKIN HOLLOW FARM

Master Tape List 1988-2002

Pumpkin Hollow Farm, 1184 Route 11, Craryville, NY 12521
Tel: (518) 325-3583 or Bookshop - (518) 325-7112



Dora Kunz

- A1 - The Process of Pain (Intermediate Healers '88)
- B1 - Negative Thought Patterns / Depression (Interm. Healers '88)
- C1 - Campfire Talks (Intermediate Healers '88)
- D1 - Self Image In Healing (Advanced Healers '88)
- E1 - Questions & Answers on Healing (Adv. Healers '88)
- F1 - Campfire Talks (Advanced Healers '88)
- G1 - Chakras & the Human Energy Fields (Advanced Healers '88)
- H1 - Meditation & the Development of Intuition
- I1 - Releasing Old Patterns through Meditation
- J1 - Recognition & Handling of Emotions
- K1 - Development of Intuition
- L1 - The Invisible Worlds
- M1 - Trees and Self-Confidence
- N1 - Consciousness & Death / The Afterlife
- O1 - The Healing Attitude
- P1 - Angels and Devas
- Q1 - Changing Our Own Patterns
- R1 - The Power of the Mind
- S1 - Meditation & Its Practice - Part 1
- T1 - Meditation & Its Practice - Part 2
- V1 - Meditation - Harmony with the Inner Self (2 Tapes - \$14)
- D2 - Campfire Talks (Intermediate Healers '90)
- E2 - Enhancing Sensitivity (Advanced Healers '90)
- G2 - Consciousness & Personality (Advanced Healers '90)
- H2 - Healing Power of Meditation
- L2 - Understanding the Chakras / Human Energy Fields (5 - \$35)
- M2 - Theosophical Concepts on Meditation
- N2 - Meditation and Karma
- O2 - Meditation & Spiritual Development
- Q2 - Meditation and Sickness (Intermediate Healers '90)
- R2 - The Healing Attitude (Intermediate Healers '90)
- S2 - Breaking Habit Patterns (Intermediate Healers '90)
- T2 - Dealing with Anxiety & Bereavement (Interm. Healers '90)
- U2 - Relationships / Painful Memories (Advanced Healers '90)
- V2 - Breaking Through Emotional Blocks
- X2 - Tools for Meditation - (3 Tape Set - \$21)
- Y2 - The Invisible Worlds (5 Tape Set - \$35)
- E3 - The Chakras (Intermediate Healers '91)
- F3 - Levels of Energies (Intermediate Healers '91)
- G3 - Questions and Answers (Intermediate Healers '91)
- H3 - Levels of Consciousness (Advanced Healers '91)
- I3 - Healing Childhood Pain (Advanced Healers '91)
- J3 - Questions & Answers (Advanced Healers '91) (2 Tapes - \$14)
- M3 - Karma & Reincarnation (4 Tape Set - \$28)
- N3 - The Personal Aura (Talks About Her Book)
- O3 - Meditation: One Step in Self-Transformation (3 Tapes - \$21)
- P3 - Healing Perspectives for Teachers (with Renee Weber)
- X3 - Practical Therapeutic Touch & Lots of Laughter (Interm. '92)
- Y3 - Overcoming Resentments (Advanced Healers '92)
- Z3 - Working with the Auric Fields (Advanced Healers '92)
- A4 - Life's Journey from Birth through Death
- B4 - Understanding Death & the Afterlife
- C4 - Glimpses into Life After Death
- D4 - Reincarnation and Death
- E4 - The Personal Aura (3 tape Set - \$21)
- G4 - Meditation: A Tool for Stress & Spiritual Growth (3 Tapes - \$21)
- N4 - Questions and Answers (Interm. '93)
- O4 - Family Relationships (Interm Healers '93)
- P4 - Report on Therapeutic Touch (with Dee Krieger - Interm '93)

- Q4 - Therapeutic Touch: Its Birth, Our Growth (Adv. Healers '93)
- R4 - Questions & Answers (with D. Krieger - Adv. Healers '93)
- S4 - The Sensitive Child & Child Abuse (Adv. Healers '93)
- T4 - From Childhood to Maturity (4 Tape Set - \$28)
- V4 - Meditation: A Way of Life & Spiritual Growth (4 Tapes - \$28)
- A5 - The Inner Self & Healing (Intermediate Healers '94)
- B5 - The Chakras (Intermediate Healers '94)
- C5 - Questions & Answers on TT (Intermediate Healers '94)
- D5 - Intentionality and Healing (Advanced Healers '94)
- F5 - Advanced Insights on the Chakras (Adv. Healers '94)
- G5 - T.T. for Psychiatric Conditions (Advanced Healers '94)
- H5 - The Angelic Kingdom & Humanity (4 Tape Set - \$28)
- I5 - The Essence of Theosophy with Doss McDavid (4 Tapes - \$28)
- K5 - Meditation & the Inner Self (4 Tape Set - \$28)
- P5 - Healing and Pumpkin Hollow (Interm '95)
- R5 - My Philosophy of Life in Regards to Healing (Interm)
- S5 - Campfire (Interm '95)
- T5 - Reflections on the History of T.T. (Adv. Healers '95)
- V5 - Therapeutic Touch for Pain Reduction (Adv. '95)
- X5 - Introduction to Levels of Consciousness (Adv '95)
- Y5 - The Spiritual Self and Levels of Consciousness (4-\$28)
- A6 - Meditation as a Way of Life (4 Tape Set - \$28)
- H6 - The Inner Self & the Sensitive Child (Interm. Healers '96)
- M6 - The Inner Workings of Therapeutic Touch (Adv. '96)
- N6 - Clinical Questions & Answers on Healing (Adv. '96)
- O6 - Insights on Healing (Adv. Healers '96)
- P6 - The Power of Thought in Healing (5 tapes - \$35)
- R6 - Understanding the Chakras (2 tapes - \$12)
- S6 - Meditation: A Tool for Living (5 tapes - \$35)
- U6 - General Comments on Healing & Peaceful Death (Int. Healers '97)
- V6 - Techniques for TT Treatment (Int. Healers '97) with Dee Krieger
- Y6 - TT Overview (Interm. Healers '97)
- A7 - Healing & Levels of Consciousness (Adv. Healers '97)
- G7 - Dora Talks to Advanced Healers ('97)
- E7 - Final Night of Advanced Healers ('97)
- F7 - Healing: It's Effect in Our Lives (3 tapes - \$21)
- M7 - The Evolution of TT at Pumpkin Hollow (Interm. '98)
- N7 - The Process of Death (Interm. '98)
- O7 - Insights on Healing (Adv. '98)
- P7 - Discussion on the Chakras (Adv. '98)
- Q7 - Nature of Psychic Ability (3 tapes - \$21)
- S7 - The Path of Meditation (5 tapes - \$35)



Dr. Dolores Krieger

- W1 - Therapeutic Touch - Its Scope & Practice - 1988
 - C2 - Integrating T.T. Into One's Practice-PANEL DISCUSSION-Dee K. & S. Mayer, S. Wright, S. Cekarmis, M.A. Hanley, M.T. Meehan
 - F2 - Research on Therapeutic Touch (Advanced Healers '89)
 - P2 - Therapeutic Touch the Energy that Heals - 1990
 - I4 - The Practical Uses of Therapeutic Touch - 1993
 - E5 - 1994 Update on Therapeutic Touch (Adv. Healers '94)
 - Q5 - 1995 Update on Therapeutic Touch
 - W5 - Therapeutic Touch as a Social Force
 - G6 - Panel Discussion: TT Mentors - Moderated by Dee Krieger
 - X6 - Travels with Dee and TT
 - W6 - TT as an Expansion of Consciousness
 - Z6 - Dr. Krieger Seminar - Wrap-up (Interm. Healers '97)
 - D7 - Dr. Krieger Seminar - Last Afternoon of Adv. Healers '97
 - C8 - Natural Allies to the TT Process: **Attention** - Adv. 2000
 - D8 - Natural Allies to the TT Process: **Intentionality** - Adv. 2000
 - E8 - Natural Allies to the TT Process: **Mood** - Adv. 2000
 - F8 - Remembering Dora with the Nurses - Mentors 2000
 - G8 - Open Windows on Therapeutic Touch - Mentors 2000
 - H8 - Care and Feeding of the Inner Self - Mentors 2000
 - X8 - Making Friends with "ISSIE" - Mentors 2002 - **NEW!**
 - Y8 - Psychic Sensitivity: Ally, Enemy, or Coyote - Mentors 2002 - **NEW!**
- Therapeutic Touch Tapes by Sounds True (3 tapes - \$29.95)**



Emily Sellon

- Q3 - As Above, So Below - Essential Theosophy
- H4 - The Mahatma Letters (4 Tape Set - \$28)
- X4 - The Pilgrim & the Pilgrimage (5 Tapes - \$35)

Joy Mills

- U7** - Karma, Nirvana & Rebirth in the Mahatma Letters (7 - \$45)
V7 - Cosmological Notes - On Nature of Space (3 Tapes - \$21)
B8 - On Theosophy - (4 Tapes - \$28)
U8 - Dante's Divine Comedy - Background - (5 Tapes - \$35) - **NEW!**
V8 - Dante's Divine Comedy - (5 Tapes - \$35) - **NEW!**

Dr. Stephan Hoeller

- Y1** - Gnosticism - The Hymn of the Pearl
Z1 - The Messianic Impulse (2 Tape Set - \$14)
A2 - The Myth of Sophia
B2 - The Nag Hammaddi Library - Gnostic Scripture (2 Tapes - \$14)
Z2 - Jung & the Gnostic Gospels (5 Tape Set - \$35)
A3 - The Gnostic Feminine
B3 - Gnostic Holy Eucharist Service 1990
D3 - The Holy Kabbalah & the Tree of Life (6 Tape Set - \$40)
R3 - The Arthurian Myths (Complete Series - 10 Tapes - \$60)
L4 - Alchemy: The Art of Transformation (8 Tapes - \$50)
M4 - Chinese Alchemy (Part of Above Series)
Z4 - The Esoteric Traditions of France (8 Tape Set - \$50)
N5 - Understanding Human Personality Types (8 Tapes - \$50)
D6 - Path of Love/ Meaning of Suffering with Dr. Anton Lysy (9-\$55)
G7 - Gospel of Thomas (6 Tapes - \$40)
R7 - The Hermetic Tradition (7 Tapes - \$45)
X7 - Mysteries of the Future; Prediction (6 Tapes - \$40)
J8 - Uncovering the Shadow (Jung Updated) (6 Tapes - \$40)
N8 - Roots of Theosophy - (6 Tapes - \$40)
S8 - Depth Psychology and the Wisdom Trad. - (5 1/2 Tapes - \$38) **NEW!**

Lama Pema Wangdak

- U4** - Awakening our Sense of Appreciation (6 Tapes - \$40)
Y4 - The Relevance of Meditation (5 Tapes - \$35)
J5 - Understanding the Heart Sutra (6 Tape Set - \$40)
Z5 - Tibetan Prayers: Their Meaning & Purpose (4 Tapes - \$28)
H7 - Understanding Death & the States of Bardo (6 Tapes - \$40)
T7 - The Bodhisatva's Way of Life (5 Tapes - \$35)
Z7 - Learning to Let Go: Attachments (7 Tapes - \$45)
Q8 - Tibetan Book of the Dead (7 tapes - \$45)

Michael Gomes

- I7** - The Esoteric Tradition (3 Tapes - \$21)

Ray Grasse

- J7** - Signs, Symbols and Synchronicity (6 Tapes - \$40)

Dr. Renee Weber

- W2** - The Mystic & the Healer (Advanced '89)
K3 - Karma & Reincarnation (Hindu & Buddhist Views)
L3 - The Mystic & the Healer - '91 (2 Tape Set - \$12)
F4 - Right Action in Daily Life - The Bhagavad Gita (4 Tapes - \$25)

Capel McCutcheon

- L5** - Living the Spiritual Path (6 Tape Set - \$40)

John Algeo

- W4** - The Land of Faerie: Occult Fiction & Fantasy Literature (4 - \$28)
M5 - Senzar - The Mystery Language (5 Tape Set - \$35)
K8 - The Secret of the Runes (5 Tape Set - \$35)
L8 - The Theosophical Tarot (4 Tape Set - \$28)

Jack & Sue Conklin

- I2** - Effective Parenting (2 Tape Set - \$14)
K4 - The Spiritual Aspects of Parenting
O5 - The Challenge of Parenting (2 Tape Set - \$14)
M8 - Parenting - (Jack Conklin)

Alice O. Howell

- C6** - Jungian Symbolism in Astrology (5 Tapes - \$35)

Martin Leiderman

- P8** - Self-Transformation Thru Plato's Teachings (5-\$35)

Kabir Helminski

- Q6** - Sufism: The Path of the Heart (2 Tapes - \$14)

Ben & Carol Ward

- K7** - Self-Awareness for Spiritual Growth (3 Tapes - \$21)
W7 - The Nature of Addictions - with Carol Ward (4 - \$28)
Y7 - Tarot and Kabbalah - with Ben Ward (5 Tapes - \$35)
O8 - Theosophy/Kabbalah/Tree of Life / Ben Ward) (6 - \$38)

Michael Sellon

- R8** - The Matrix of Unity (4 Tapes - \$28)
W8 - The Matrix Continued 2002 (4 Tapes - \$28) **NEW!**

Edward Tick

- T8** - Dream Healing - (2 Tapes - \$14) **NEW!**



ORDER

FORM

To order one or more tapes write your selections in the designated area below. Unless noted as a set, all selections are single tapes. Please be aware these tapes have not been professionally edited.

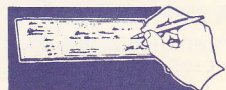
Cost: \$7 per tape, unless noted. Those in sets are not sold singularly.

Shipping & Handling: Add \$2.50 for up to 2 tapes, and \$.75 for each additional tape. Add \$3.25 video - (NY Residents add 8% Sales Tax)

Name _____

Address (City/State/Zip) _____

Selections (Item# Only) _____



**Make Checks Payable to
Pumpkin Hollow Farm**

For credit cards - include Name/Address/Card #/Exp. Date or call

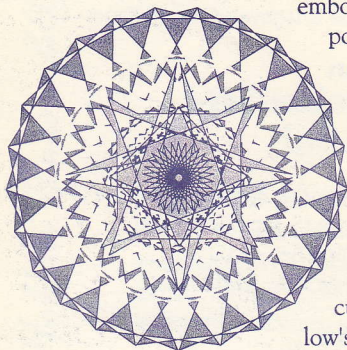
Price of Tapes Due \$ _____

Shipping & Handling \$ _____

NY Residents ONLY - Add 8% Tax \$ _____

TOTAL Amount Due \$ _____

The Way of Life



at Pumpkin Hollow is designed to embody its essential vision as fully as possible. Such an ideal must be the outgrowth of each individual's perception of goodness and truth, yet it obviously includes certain elements which are central to the spirit of the Hollow. In accordance with our principle of respect for all life, hunting and fishing are not allowed, and the cuisine is vegetarian. Pumpkin Hollow's philosophy is life-affirming (based upon thoughtfulness and consideration of

others). Therefore, substances injurious to health such as alcohol and illegal drugs are not permitted on the property, and smoking is permitted only out-of-doors. Since the community is committed not only to harmlessness but also to helpfulness, everyone is invited to share in the daily chores of the kitchen, the garden, and other parts of the property, and to see that his or her room is cared for.

The Spirit of Volunteerism is the central feature of our philosophy that those who come to the Farm are not merely visitors, but friends, associates, and fellow-seekers who contribute to the Farm's health, well-being, and spiritual atmosphere. In this spirit, some after-meal work activities called Karma Yoga are shared among all workshop participants.

Making Reservations

Except where noted in the brochure a \$25.00 deposit (per person, per weekend) will secure your place. In the event that you must cancel your reservation, this deposit is refundable -- except when noted -- (less a \$5.00 handling charge) provided we are notified at least two weeks (14 days) prior to the workshop. *Deposits are not transferable.* If you wish to come to the Hollow on short notice (i.e. within a week), we will do our best to honor telephone reservations.

Housing: Shared accommodations are the rule rather than the exception. Single rooms are limited in number. When registering please feel free to indicate your preference, but understand that rooms are assigned on a first-request basis.

NEW Policy- Please bring a sleeping bag or bed linens, as well as bath towels; these items are also available from the laundry room if you are unable to bring your own.

Fees: The schedule of basic room and board fees is printed on the inside back cover of this brochure. Workshop fees are indicated at the end of each program description. ***These workshop fees apply to everyone (except children) whether or not you participate in a workshop.*** Room and board for children 10 and under is free, for children 11-16 half price. Full workshop fees due for all children who attend sessions.

Please note that "weekend" rates are calculated from Friday dinner through Sunday lunch. For three-day workshops, the extra-day fee is added to the basic weekend rate. There can be no reduction for meals (or nights) missed. Upon request, a 10% discount on all room and board fees is available to members of the Theosophical Society. A valid membership card will serve to demonstrate membership.

We Need Your Help

Pumpkin Hollow Farm is a non-profit organization. We try to keep our fees low, and donations of all amounts are always welcome and needed. Even a few dollars can help in defraying mailing costs. All contributions are **tax-deductible.**

Tell Your Friends!!

The Pumpkin Hollow community grows primarily by word-of-mouth. Please share your enthusiasm for the Farm with like-minded friends; we love to see new faces.

Midweek Retreats

Although most of our programs are scheduled for weekends, the Farm generally is in operation during the week as well. If you are looking for a truly peaceful retreat, either as a time of reflection or relaxation, or in order to pursue a creative project, Pumpkin Hollow's natural rhythms and rustic tranquility may be what you seek. Please call to find out conditions and availability.

Residency: If your experience at Pumpkin Hollow suggests that you pursue a deeper, more intensive commitment to our community's ideals, you may wish to consider applying for a summer residency (a period of one week to three months). There are positions open in all areas of the Hollow: kitchen, maintenance, gardens, office, and house-keeping. We are looking for people who are interested in working in a community dedicated to a theosophical way of life -- **Study, Service, and Meditation** -- and sharing this with the larger Pumpkin Hollow community. The cooperative spirit and talents of the residents are essential to make the Pumpkin Hollow ideal a reality. Please write and ask for our letter of residential inquiry.

Healers' Sanctuary and Labyrinth



The Farm is filled with magical places, but if you have not found your own particular oasis of peace and harmony, please visit our Healers' Sanctuary or our walking Labyrinth. Both are always open for periods of meditation and retreat.

Scholarship Assistance

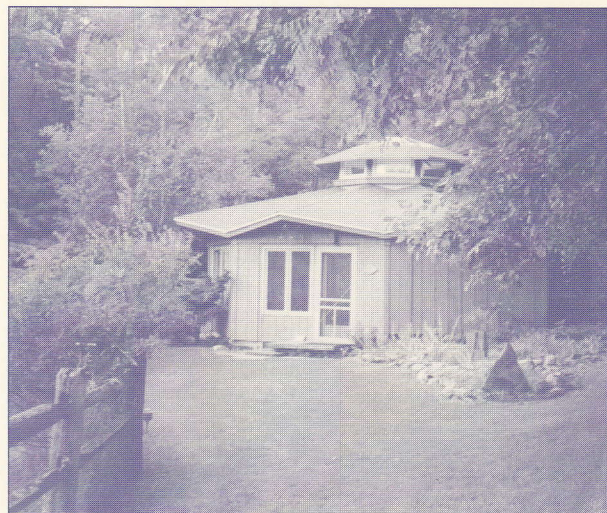
The Sellon Charitable Trust: Through the generosity of the John Sellon Trust, limited scholarship assistance is available for certain designated theosophical programs (marked © after program fees). Also, look at page 4 for any other scholarships available this year. Call for details.

Work Scholarships: A limited number of half-work scholarships are available. Upon application, individuals may be able to cover half of their room and board by helping in the kitchen, garden, office, or maintenance areas during the weekend.

Pumpkin Hollow

Farm

1184 Route 11, Craryville, NY 12521
Telephone: (518) 325-3583
Fax: (518) 325-5633
E-Mail: pumpkin@taconic.net
Web Page: www.pumpkinhollow.org
TT Web Page: www.therapeutictouch.org
1-877-325-3583 - Toll Free



Room & Board Fees

Accommodation	Weekend	Extra-Day & Weekdays
Cabin / House	\$125	\$60
Dormitory	\$95	\$48
Camping	\$70	\$35
Commuters	\$65	\$33

To Register: Please complete the form below and mail it to the above address, along with a deposit check made out to the: **Pumpkin Hollow Foundation**. Credit cards (Mastercard or Visa) now accepted, enter information below or call.

A confirmation card will be sent for reservations received at least one week prior to the workshop. Please call if you do not receive written confirmation of your reservation.

Registration Form

(Please Print)

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Phone (Home) _____ (Work) _____

Please Fill in Appropriate Boxes Below:

No. of Adults	Male	Female	No. of Children	Ages	M	F
Housing Preference: Cabin/House _____ Dormitory _____ Camping _____ Commuter _____						
Transportation: Driving _____ Can you take Passengers? _____ Train _____ Bus _____ Airplane _____						
Would Like a Ride, if Possible _____ Travel Info: _____						
_____ Check enclosed or _____ Mastercard / or _____ Visa / Card # _____ Exp. Date _____						

Program Title(s)

Arrival (Time & Date)

Departure (Date)

1. _____

2. _____

Amount of Deposit: \$ _____ **Will You Arrive by Dinner Friday? (6:30)** _____

Transportation

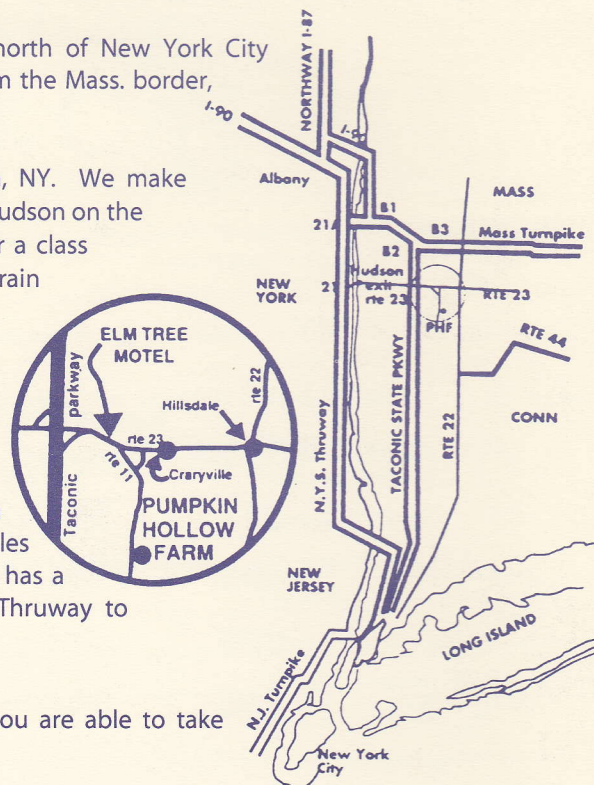
Pumpkin Hollow Farm is located 125 miles north of New York City (2-1/2 hours by car), an hour south of Albany, 10 minutes from the Mass. border, and 150 miles west of Boston (3 hours by car).

Train: Via Amtrak leaving Penn Station, N.Y.C. to Hudson, NY. We make **ONE** scheduled pickup on Friday evening and a return trip to Hudson on the afternoon of the last day of workshop. When you register for a class please call Amtrak (1-800-872-7245) to reserve a seat on the train (train departure is approximately 4:35 p.m. on Friday).

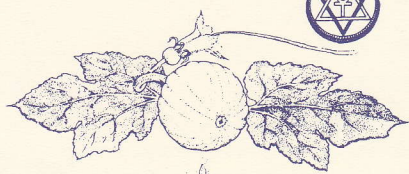
Car: Via the many routes indicated on the adjoining map. The easiest way is taking the Taconic Parkway to Exit 23 (Claverack/Hillsdale). Follow the sign going east to Hillsdale unto Rte. 23. Remain on Rte. 23 for about 2 miles until you see the Elm Tree Motel on your right. Right after the motel make a right unto Rte 11 and continue on this road for another 2.5 miles until you see the Pumpkin Hollow sign on your left. The sign has a green background with an orange pumpkin. From the NY Thruway to Pumpkin Hollow is about 15 miles.

Shared Rides: Please indicate on your reservation if you are able to take passengers (especially from N.Y.C.).

Airplane: Our closest airport is in Albany, NY. Participants will be responsible for obtaining transportation from the airport to the Farm. Call for a list of available companies.



Pumpkin Hollow



Farm

1184 Route 11, Craryville, NY 12521

NorthEast Theosophical Foundation

Non-Profit Org.
U.S. POSTAGE PAID
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